



How to Burn More Calories

The following estimates are based on a 150 to 160 pound person. A lighter person will burn fewer calories, a heavier person will burn more.

Instead of	Calories Burned	Try	Calories Burned
Using the remote for five minutes, reclining	0.6	Getting up and changing the TV station for five minutes a day	3
Answering the phone with a nearby cordless, talking for 30 minutes, reclining	4	Getting up and answering the phone, then standing during three 10-minute conversations	20
Using a garage door opener and sitting in the car	.25	Opening the garage door twice a day	2-3
Hiring someone else to clean house and do the ironing	0	A half-hour of vacuuming once a week A half-hour of ironing	115 37
Sitting and waiting thirty minutes for a pizza delivery	15	Thirty minutes of cooking	20-25
Buying pre-chopped vegetables	0	Fifteen minutes of chopping and washing vegetables once a week	10-13
Using a leaf-blower	100	A half-hour of leaf raking once a week	150
Hiring a lawn service	0	A half-hour of gardening once a week A half-hour of using a push mower once a week	150 210
Driving to the car wash, getting out, paying and getting back in the car	18	Washing and waxing the car for an hour once a month	300
Letting the dog out the back door	2	Walking the dog 30 minutes every day	125
Driving the car for 40 minutes, then walking five minutes from parking lot	22	Walking 10 minutes to a public transit stop every day, riding a half-hour then walking five minutes to work	60
E-mailing a colleague for four minutes	2-3	Walking one minute and conversing for three minutes with a colleague, while standing, twice a day	6

Instead of:	Calories Burned	Try:	Calories Burned
Taking the elevator	0.3	Going up one flight of stairs three times a day	15
Taking the nearest parking spot, a 10-second walk to destination	0.3	Parking in a spot, a one-minute walk to destination (5 times a week)	4
		Two-minute walk to destination	8
Standing by while someone else unloads shopping cart once a week	2	Unloading a full shopping cart once a week	6
Riding the escalator three times	2	Taking one flight of stairs once a week in each of three stores	15
Internet shopping for one hour	30	Walking at the mall for an hour, briskly, once a month	240
		Strolling that distance	145
Paying at the gas station pump	0.6	Walking into the gas station to pay for gas once a week	5

Assuming a person's caloric intake stays the same and completing all of the above tasks as frequently as listed, will burn about 8,800 extra calories a month! This amounts to about 2.5 pounds of weight loss over a month OR about 30 pounds a year, along with improved health.

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